

# Cape Cod National Seashore

## Activities May 24 through June 30, 2003

National Park Service  
U.S. Department of the Interior

National Seashore



### SATURDAYS

#### Eastham

##### **WALK: LAND OF THE NAUSETS**

2:30 p.m., 1.5 hours, 1.5 miles. Walk through the heart of the traditional lands of the Nauset People. Learn about their way of life throughout the centuries, and how it changed after European contact. Meet at Hemenway Town Landing, one road north of Fort Hill off Route 6.

#### Wellfleet

##### **WALK: COASTAL ECOLOGY**

10:30 a.m., 1.5 hours, 1.5 miles. Walk through the diverse habitat of **The Gut** at Great Island, and explore the various natural processes that make it a special place. Meet at the Great Island parking area. **Through June 21st only.**



Oyster

#### Truro

**WALK: BEARBERRY HILL** - 10 a.m., 1.5 hour, 1 mile. Take an easy walk to the top of Bearberry Hill and enjoy a

commanding view of former cranberry bogs and the Atlantic. Meet at the trailhead parking area near the environmental education center at the end of North

Pamet Road off Route 6. **May 24th, 31st, and June 14th only.**



Cranberry

#### Provincetown

##### **OPEN HOUSE: OLD HARBOR LIFE-SAVING STATION** - 1:30 to 3:30 p.m.

Celebrate the 25th anniversary of the relocation of Old Harbor from Chatham to Provincetown. This 1898 station was instrumental in saving lives and property off Cape Cod shores. New exhibits tell the story of the U.S. Life-Saving Service, and the men who served. Park at Race Point Beach. Weekend beach entrance fees apply. **Through June 14th only.**

## SALT POND VISITOR CENTER UPDATE

*Visitors to Salt Pond are currently being served from a temporary visitor center and bookstore during a major renovation of Salt Pond Visitor Center. The temporary center, located in the Salt Pond parking area, has staff on duty to provide general park orientation, and to assist with trip planning. A well-stocked store featuring books, maps, puzzles, games and other educational items is also on site. Restrooms with flush toilets and a waterless hand-cleaning system are open during visitor center hours. Portable toilets are available after hours. The bicycle trail and most area trails are open during the renovation, but some detours may be in effect. Check at the temporary visitor center. Parking time limits may be in effect during summer months. Updates are posted on the park's website: [www.nps.gov/caco](http://www.nps.gov/caco).*



### SUNDAYS

#### Eastham

##### **WALK: AT THE EDGE OF THE SEA**

10:30 a.m., 1.5 hours, 1.5 miles. Explore the tidal zones and coastal dunes between Nauset Marsh and the Atlantic Ocean. Discover interrelationships between the ocean, barrier beach, intertidal zone, and salt marsh systems. Meet at Doane Picnic Area. **May 25th, June 1st, 8th, 15th, and 29th only.**



##### **LIGHTHOUSE TOUR: THREE SISTERS** - 3 p.m., 1 hour, .5 miles.

These 19th-century lighthouses once provided a beacon for sailors off the shore of Nauset Light Beach. Learn of their history and importance. Meet at Nauset Light Beach parking area. Weekend beach entrance fees apply.

#### Wellfleet



##### **FAMILY PROGRAM: FORAGING AMONG THE FLATS**

1:30 p.m., 1 hour, up to 1

mile. Discover life in the shallow water along the shore and explore interesting facts about these animals. Wading and dip netting is strongly encouraged. Wear footwear that can get wet. Meet at Great Island parking area. **May 25th, June 8th and 22nd only.**

#### Truro



**HIKE: PILGRIM LAKE DUNES** - 9:30 a.m., 2 hours, 2 miles in soft sand. Explore some of the largest sand dunes on the

Cape. Meet at the dirt parking area at the end of High Head Road, off Route 6, North Truro. **Through June 8th only.**

## SUNDAYS *continued...*

### Provincetown

#### OPEN HOUSE: OLD HARBOR LIFE-SAVING STATION - 1:30 to 3:30 p.m.

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**Through June 8th only.**

## TUESDAYS

### Eastham

#### LIGHTHOUSE TOUR: THREE

**SISTERS** - 3 p.m., 1 hour, .5 miles. These 19th- century lighthouses once provided a beacon for sailors off the shore of Nauset Light Beach. Learn of their history and importance. Meet at Nauset Light Beach parking area.



## WEDNESDAYS

### Eastham

#### WALK: LANDFORMS AND

**LIFESTYLES** - 2:30 p.m., up to 1.5 hrs, 1.5 miles. This short walk leads through several landforms found within Cape Cod National Seashore. Discover their dynamic ecosystems, the forces that created them, and the changes that impact them today. Learn about the people, plants, and animals in these areas and how they adapt to these changes. Meet near the start of Nauset Bike Trail in the Salt Pond Visitor Center parking area. **May 28th, June 11th and 25th only.**



## THURSDAYS



**HIKE: RANGER'S CHOICE** - 9:30 a.m., up to 3 hours, 3- 4 miles. Join a veteran park ranger to explore the beauty of and variety of the park.

Hikes are moderate to strenuous and feature out- of- the- way destinations. Call Salt Pond Visitor at 508 255- 3421 for locations and to register. **June 5th and 19th only.**

### Eastham

#### WALK: THE GOLF COURSE AT THE EDGE OF NAUSET MARSH

2 p.m., 1 - 1.5 hours, 1 mile. Led by former caddy Don Sparrow, walk and learn about **Cedar Bank Links**, the golf course that once bordered Salt Pond, Nauset Bay and many vernal ponds. See traces of the fairways, bunkers and greens and hear about the history of this private course, which once hosted golfing greats, Bobby Jones and Francis Ouimet. Meet near the start of the Nauset Bike Trail in the Salt Pond Visitor Center parking area. **May 29th and June 12th only.**

### Provincetown

**WALK: DUNES AND BOGS** - 10 a.m. 1.5 hours, 1 mile in soft sand. Stroll among the dunes and wild cranberry bogs in the Province Lands. Meet at Province Lands Visitor Center. **Through June 12th only.**



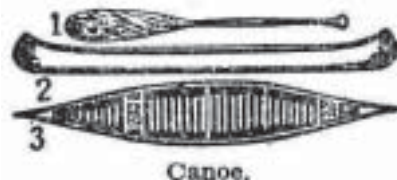
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**Through June 12th only.**

## FRIDAYS

**CANOE TRIP** - 1:30 p.m., up to 3.5 hrs. Explore a lake, bay, or marsh by canoe. Trips may include wading and a short hike. Time varies by location and tides. All equipment provided. Experience required. Adults \$20, Children 6 to 16 years of age \$12. Tickets are non- refundable and must be purchased in advance either in person or by phone with a credit card. Call Salt Pond Visitor Center at 508 255- 3421. **Through June 20th only.**



**Salt Pond Visitor Center**  
Route 6  
Eastham  
508 255 - 3421

**Province Lands Visitor Center**  
Province Lands Road  
Provincetown  
508 487 - 1256

*Open 9 a.m. to 5 p.m. daily*

*website: [www.nps.gov/caco](http://www.nps.gov/caco)*

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